

## Connecting with others ...

**Feb 1st ~ Conversation Café “Have you Ever?” 2 - 3 pm** in the Barclay Room (left side door at the Owen Sound Police Station.)

**Feb 8th ~ An afternoon of Riddles! 2 - 3 pm** In the Barclay Room (left side door at the Owen Sound Police Station.)

**Touchpoint Tuesday’s Feb 2, 9, 16 & 23**



If you’re having a difficult time and feeling stuck at home...We have some things or ideas that may be helpful! Give Kathy or Angela a call to connect and chat about it.

**Join the “Book Club” ~ We will be reading “Horseshoe to Gumshoe” come in and pick up your book the afternoon of Feb 19th** and we will meet together in a few weeks (about the halfway point) for some group discussion and to share opinions about the book.

## Creativity for the Mind and Soul

**Feb 3rd ~ Planting in your mug (only for those who made a mug with Brenda in Jan) 11am OR 1:30pm** at the CMHA boardroom above The Boot & Blade

**Feb 3rd ~ 2 - 3pm** Colouring for relaxation At the Community Connections office. Space is limited, please call to sign up.

**Pet Portraits with Courtney ~ Feb 10th, 17th and 24th** An instructed series using acrylic paint to create your pet portrait. Over 3 Wednesday’s Please call to register as space is limited. You will need to bring a photo of the pet you choose to paint. At the CMHA boardroom above The Boot & Blade.

**Feb 12th ~ Heart Art with Brenda 1:30 - 3pm** in the CMHA boardroom above The Boot & Blade. Space is limited, so call to sign up. We will also have take home kits available for you to do this project at home

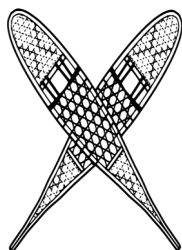
**“ZOOM” Music Group ~ Feb 26th 2pm - 3:30pm** We can still jam together...just apart! Call to get registered to perform music, poetry, jokes etc. or just listen

## Wellness

**Chair Yoga** at Community Connections Office, **Feb 5, 12, 19 and 26 at 11:00 am** Max of 5 in-person participants at a time. **BUT \*\*Also available to do at home via ZOOM! Call to register for either.**



**Feb 5th ~ Get outta the house! Meet outside the Library at 2pm** for a scenic winter walk.



**Snowshoe or Walk 1:30 - 3:00**

**Feb 4 ~ Kelso Beach**

**Feb 18 ~ Stoney Orchard Park**

**Feb 25 ~ Victoria Park**

**Snowshoe or Hike 1:30 - 3:30**

**Feb 11 ~ Derby Forest Trail** please dress for the weather and bring water to drink.

**Feb 22nd ~ Officer Jason Cranny will speak to our group about the current frauds and scams to be aware of at 2pm**

In the Barclay Room (left side door at the Owen Sound Police Station.) \*\*Bring your questions!



## Social /Recreational Activities

**Sunday, February 21st ~ We will be taking a scenic walk at Inglis Falls! 11 am OR 2pm** Please call us to sign up as space is limited!



**We haven’t forgotten about “Puck Pigs” HOCKEY** (we will resume this group for players as soon as we are able!)

# FEBRUARY 2021

## Program Descriptions

# GROUP SERVICES

COMMUNITY CONNECTIONS  
HOUSING AND SUPPORT



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**Please call Kathy (ex 230) or Angela (ex 233) at 519-371-2390**

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

**Safety protocols are in place, call for details. Remember if you have any cold or flu symptoms, please do not come to group but give us a call.**

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.

**\*\*\*Remember weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating at your own risk.**